

Cornbread Dressing

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

2 HOURS | SERVES 12

INGREDIENTS

- 1 cornbread loaf (recipe on page 6 of the Healthier Traditions: Soul Food Cookbook), cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 large onions, diced
- 4 celery ribs, diced
- 1 medium red bell pepper, diced
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 2 tablespoons chopped fresh parsley
- ¼ teaspoon salt
- teaspoon black pepper
- 2 cups low-sodium chicken broth
- 1 large egg

DIRECTIONS

1. Preheat oven to 350°F. Spread cornbread cubes in single layer on large baking sheet. Bake until dry and lightly browned, ~20 minutes. Let cool.
2. In heavy skillet, heat 2 tablespoons oil over medium-high heat. Add onion, celery, and bell pepper. Sauté until onion is golden, 10 to 12 minutes. Place vegetables in large bowl. Add cornbread, herbs, salt, and pepper. Mix gently. In separate bowl, whisk together broth and egg. Add broth mixture to cornbread and toss.
3. Transfer mixture to 13x9x2-inch (or similar) glass baking dish. Bake dressing uncovered until crisp on top, 45 minutes to 1 hour. Let stand 15 minutes before serving.

NUTRITION FACTS

175 calories, 9g fat, 3g saturated fat, 363mg sodium, 19g carbohydrate, 3g fiber, 4g sugar, 5g protein